

\_\_\_\_\_ Referred by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Children's Names \_\_\_\_\_

\_\_\_\_\_ Age/Grade \_\_\_\_\_

\_\_\_\_\_ Address \_\_\_\_\_

\_\_\_\_\_ Parent's Name \_\_\_\_\_

\_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_ Last Name \_\_\_\_\_

\_\_\_\_\_ Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Send Information Immediately To:

Do you want to be a part of the coolest club at Foley? Joining Club Paradise has great benefits. You'll receive \$50 off your camp tuition for each person you sign up, and you'll attend an exclusive Root Beer Float party! So... tell your friends! This only applies to registrants who are totally new to Foley, which excludes siblings and children of alumni.

Join Club Paradise!

Address Service Requested

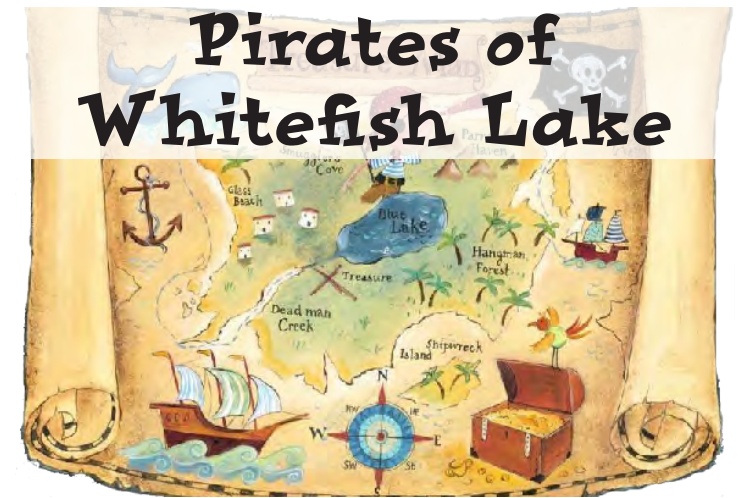
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# FINAL BANQUET FUN!

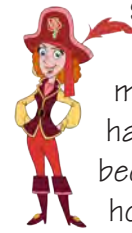




**The Western Trail**


**First and Third Session** campers are stepping back over 150 years to travel west for Final Banquet! From the 1830s to the 1860s the Oregon Trail and its many offshoots were used by about 400,000 settlers, ranchers, farmers, miners, and businessmen and their families. Campers will participate in an **all-camp Oregon Trail Game** and overcome the same challenges America's earliest pioneers were faced with when settling the country. Will you be a farmer, a carpenter or a banker? Will you leave in March or wait until July? Will your group suffer any ailments like bad water, theft or losing the trail? You'll find out this summer as you **travel Camp Foley's Western Trail!** Wear your best pioneer gear: cowboy boots/hats, bonnets, bandanas, fur hats, dresses with aprons and flannels with jeans or khakis.

**Pirates of Whitefish Lake**


**Second and Fourth Session** campers are heading out to sea for Final Banquet. It may be reasonable to assume that piracy has existed for as long as the oceans have been used for trade. At Camp Foley, we'll hoist the Jolly Roger Flag this summer for a day of pirate-themed fun. First campers will need to go through **Pirate Training** to prepare for a day filled with exploration and buried treasure. Will you be forced to walk the plank or get into a sword fighting duel? Will you be captain of the ship or pillage for treasure? Will you have an eye patch or a peg leg? You'll find out this summer as campers become **Pirates of Whitefish Lake!** Wear your best pirate gear: Bandanas, pirate hats, gold jewelry, tattered red, black, brown and white clothing, tall boots or sandals and leather belts.

# Camp Foley Turns 90!

Campers this summer will be part of our 90th Year Celebration! It all begins with our first 200 campers who registered for camp receiving a Camp Foley Early Bird pennant on their beds! The Early Bird Brigade of the earlier years was a group of the first campers to register for camp. Replications of the old pennants were made for summer 2014.

Each session, campers will participate in the following 90th year celebrations:

- **90 Friendship Bracelets for 90 Years.** Ninety of the best friendship bracelets made in 2014 will be framed commemorating 90 years of camp history!
- **Start collecting the retro t-shirts.** Each year, for the next 10 years we'll be offering one retro t-shirt a year. (A t-shirt that was a camp favorite during one of the past 90 summers.) These will be sold in our camp store. Purchase one and have your picture taken with other collectors!
- **The cabin Historical Bucket List Challenge.** Cabin groups celebrate the decades of camp's history by reliving the activities of past summers like morning calisthenics or the polar bear plunge.
- **View or submit a piece of camp paraphernalia from the last 90 years.** We are gathering 100 pieces to be displayed on camp's 100th year. Coming soon will be photos of what has been collected on our website. Do you have a piece at home that we do not have? Would you donate it to camp to be displayed on our 100th year?



2014's Retro T-shirt



- **Write or make something to be placed in the mini time capsule** that will be buried during your stay and opened during our 100th year.
- **Dress up and join us at the 90th Year Festival** complete with celebrating with a special meal and by participating in a special activity.
- **Each session campers leave their mark at camp** by participating in a session specific

## Historical Bucket List

Celebrate 90 years with us by completing the entire bucket list with your cabin! Submit a picture of your cabin doing each event as proof.

### 1920s Calisthenics on Foley Green

- 15 minutes, everyone dressed similar (white t-shirts tucked into shorts) perfect formation.

### 1930s Cabin Inspection – Military Style

- Beds made with square corners, tight blankets with no wrinkles, folds facing out on all shelves, shoes arranged in pairs. Spirit and enthusiasm.

### 1940s Polar Bear Plunge

- Before 7:15 a.m., everyone jump on three!

### 1950s Snipe Hunt

- Need paper bags and sticks. Go on Wolf Trail – best place to find snipes.

### 1960s Bugle Calls

- Wake up to Reveille, during Rest Period learn all of the daily calls, go to sleep with Taps.

### 1970s Sing Along in Foley Hall

- Gather at least one other cabin group, have at least one musical instrument (guitar, drum, harmonica or hand-crafted instruments). Spend a half hour singing your favorite camp songs.

### 1990s Cabin Challenges

- Challenge another cabin to a game of softball, soccer, volleyball, floor hockey or basketball. Have a cheer, dress in cabin colors, bring cabin flag.

### 2000s Dining Hall Hangout

- Play as a cabin group, jump rope, play 4-square, chalk the sidewalk, stilts, pogo sticks, create a dance. No gaga ball – it did not exist!

### 2010s Fire Pits

- Make a fire, hangout, tell stories, sing songs, play games. Enjoy being outside and with your cabin.

### “Into the Future”

- Dress as FUTURE campers and counselors, play FUTURISTIC games, make FUTURISTIC lyrics to songs or do FUTURISTIC crafts.

activity. This may include hand prints into a new sidewalk, designing a porcelain tile for an artistic piece, creating a square that will be part of a quilt or a tree planting and rock signing ceremony.

- **Part of the all camp picture!**



All Camp Photo from the 1930s

# Look Who's Registered! (as of March 5th)

Get **EXCITED** to celebrate Foley's 90 years! If your name isn't below - register today!

**A** Ana Lucia Agudelo, Andrea Alanis, Marcela Alanis, Edouard Allemand, Owen Allen, Grant Altenhofen, Agustin Arriaga, Alex Artola **B** Olivia Bacon, Eli Barton, Skylar Bartz, Lina Beach, Lauren Beh, Augie Bent, Jackson Biggs, Vivian Blanco, Nora Boyd, Olivia Boyd, Ford Brandau, Russell Bransfield, Evan Brown, Jordi Brown, Thomas Bryan, Jr., Henry Burton, Josh Bushman-Guertin, Connor Byrd, Symantha Byrd **C** Cooper Camp, Zoe Camp, Carmen Campbell, Balbina Cantu, Eduardo Cantu, Nate Carlton, Benjamin Carrillo, Sebastian Carrillo, Will Caulkins, Andrew Chappelle, Dakota Chou, Meredith Christensen. Owen Claymon, Seth Claymon, Elliot Code, John Combs, Ian Cooper, Leopoldo Corona, Max Corona, Paloma Corona, John Costello, Alvaro Cota, Rodrigo Cota, Lucy Covert, Christopher Cummins, Rose Cummins, Griffin Curran **D** Jens Damgaard, William Dart, Ella Deignan, Sam Deignan, Cara Devine, Will Devine, Thomas DiMarco, Charlotte Dixon, Avi Dundoo, Emilio Duran, Juan Pablo Duran, Marcelo Duran, Mary Dwan **E** Annie Epstein, Louis Epstein, Lachlan Ewald **F** Hina Fernstrom, Maya Fernstrom, Raffi Ferreira, Dascia Ferris, Vincent Ferris, Brendan Fiedler, Erinn Fiedler, Madeline Fiedler, Jasmine Fish, Eric Fleishman, Charles Florine, Emerson Foley **G** Eddie Gamble, Charlie Gannon, Carlos Garcia, Esperanza Garcia, Giselle Garcia, Lisset Garcia, Quinn Gardner, Nathan Garrett, Jack Geller, Mimi Geller, Colton Gleason, Julia Goldman, Gregory Gonzalez, Mirelle Gonzalez, Miranda Gonzalez., Matthew Greenfield, Tommy Greenfield, Emily Guckeen, Michael Guckeen, Tyler Guckeen, Emile Guerrier, Tom Guerrier, Jose Guevara, Kai Gundersen **H** John Hall, Alex Hamel-Snapp, Grace Hanavan, Charlie Hansen, Valora Hart, Florence Harting, Hugo Harting, Adin Heinritz, Annie Heinritz, Lewis Hellman, Trey Hellman, Joseph Henkhaus, Peter Henkhaus, William Henkhaus, Noah Hernandez, Shannon Hickey, Mia Hill, Laura Hinck, Ryan Hoedeman, Max Hoffman, Danny Holmes, Elizabeth Holmes, MaryKate Holmes, Susanne Holt, Patrick Hooley, Christoffer Hovard, Sebastian Hovard, Chuck Howes, Cole Howes, Grayson Howes, Isaac Hughes, Kaitlyn Hughes, RJ Hughes, Anna Hutter **I** Patrick Igo **J** Matthew Jaeger, Thomas Jaeger, Kate Janda, Will Janda, Wallace Jirele, Benjamin Johnson, Preston Johnson, Tristan Johnson, Zachary Johnson, Emily Jurgens, Meghan Jurgens **K** Taylor Kiffin, Daniel Klauer, Ryan Klauer, Lauren Krahl, Scott Krahl, Andrew Kraye, Taylor Kriesel, Nicholas Kronschnabel, Tory Kronschnabel, Kate Kugler, Belle Kusske, Ethan Kuster **L** Vivian Lakotas, Riley Lange, Andrew Lanphear, Noe Laurier, Wyatt Lee, Sophie Lehmann, Ethan Leuthold, Joshua Levinson, Paloma Llaguno, Ander Lozano, Julia Lucas, Liam Lynch **M** Meaghan Malarkey, Rodrigo Maldonado, Soren Malm, Alexandra Mann, Raleigh Mann, Diego Marcos, Pablo Marcos, Charlie Marrone, Pablo Martinez, Schae Mays, Lilly McCarty, Connor McCoy, Abbie McGrann, Mollie McGrann, Robby McMahon, Mason Meccia, Pieper Meccia, Caroline Megown, Effie Mehdod, Alex Miley, Roman Moore, Alfonso Morales, Clara Mortel, Celina Mouret, Eugenio Mouret, Joe Munkeby, Mae Munkeby, Peter Murray **N** Everett Naylor, Ciera Nedoroski, Lydia Nelson, Addie Newsome, Archer Newsome, Maggie Newsome, Marjorie Newsome, Peter Newsome, Hannah Norman, Kate Norman, Josh Noteboom **O** Jack O'Keefe, Patrick O'Keefe, Zada Olig, Linden Olness, Ben O'Malley, Jillian Oncay, Cade O'Neill, Daniel Orta, Lucia Ortiz, Sofia Ortiz **P** Erika Padilla, Abel Perez, Kiara Perez, Jessica Peters, Julian Peterson, Riley Peterson, Zander Peterson, Emma Prinsen, Daniel Pryke **R** Lucas Rapetti, Jonathan Rauenhorst, Mary Claire Rauenhorst, Hector Rays, Kaylee Rehani, Kelly Reiling, Kate Revord, Thomas Revord, Bryce Riesner, Faith Roche, Sam Rocheford, Emma Rock, Louise Rose, Sophia Rose, Emma Ryan, Jacob Ryan, Karli Ryan **S** Patricio Saenz, Rodrigo Saenz, Diego Scala, Ellie Scheid, Henrik Schleisman, Andres Schleske, Maggie Schmoker, Morgan Schoenecker, Frances Schroeder, Luke Seck, Siri Shropshire, Olivia Sieff, Gabe Sirek, Ashley Sommers, Emma Sprich, Gabrielle Sprich, Ryan Stafford, Caroline Stanley, John Stanley, Lissy Stanley, Lars Stannard, Lydia Stannard, Mia Stenberg, Peter Stenberg, Tessa Stephenson, Connor Stevens, Eli Stevens, Genevieve Stockmann, Eva Svenningsen, Ben Sweetman **T** Finn Tait, August Tell, Margaret Tell, Andy Thomas, Abraham Thompson, Megan Toner, Inaara Touche, Daniela Trevino, Jose Marcelo Trevino, Roberta Trevino, Jack Tritley **V** Eugenio Villarreal, Henry Vlietstra, Sophie Vogelsang, Cooper Voita, Franci Volpi **W** Jacob Wachtler, Chase Warner, Jack Welch, Luke Welch, Dyllan Wellhausen, Shef West, Henry Wicklund, Tory Wicklund, Alex Williamson, Alex Winslow, Katie Winslow **Z** Eduardo Zendejas

# This 'N' That

## Leadership Program

Are you going into 9th, 10th or 11th grade? Do you want to be a role model in the camp community and learn valuable leadership skills? If yes, then you should definitely join Foley's Leadership Program! Space is limited, so check online for more information and to find the online application. We've got some AWESOME leaders already signed up: **CITs** are Olivia Bacon, Tory Kronschnabel and Franci Volpi will be joining us 3rd/4th session. **Returning LITs** are Elliot Code, Jens Damgaard, Annie Epstein, Mia Hill, Susie Holt, Josh Levinson, Lilly McCarty and Maggie Schmoker, **LIT 1s** are Nick Kronschnabel, Mollie McGrann, Siri Shropshire and Lissy Stanley. **Apply today to join the fun!**

**We also have space for some STRONG and BRAVE campers to join the elite Dishwashing Team!** You earn credit toward your tuition each time you wash dishes. Dishwashers must be at least 14-years-old, and the Dishwashing Form can be found online.

### Session Availability

#### Two-Week Sessions (ages 8-16)

- June 17 - June 30
- July 1 - July 14
- July 16 - July 29 (Waitlist started for boys)  
(Limited availability for girls 9th grade & over)
- July 30 - August 12

#### Four-Week Sessions (ages 8-16)

- June 17 - July 14
- July 16 - August 12 (Waitlist started for boys)  
(Limited availability for girls 9th grade & over)

#### One-Week Sessions (ages 8-12)

- June 17 - June 23
- June 24 - June 30

### New Website!

Go to [www.CampFoley.com](http://www.CampFoley.com) and check out our **NEW WEBSITE!** It's had a complete overhaul, but still provides Foley campers and parents and prospective families all the info they need to prepare for camp!



## New Things at Camp in 2014!

Not only do we have fun, new programming ideas for this summer, but we have a whole bunch of new STUFF! We've replaced a lot of the activity equipment, so our campers will have the best of the best. For 2014, we'll have new **bikes** and **helmets**, new **snorkeling equipment**, new **fencing jackets**, new **paintball masks**, a new **wakeboard** and **trick skis**, new **goalie masks** for floor hockey and the pool table felt was replaced (and it looks really snazzy!). Some of our 4th Session campers already got a sneak peak at the **new ski boat** that will be down at the Marina this summer! We'll have some new items on the **menu** (see page six for more info about meals). Some general updates will include: a new garage door at the Marina, a new sauna door, new glasses in the Dining Hall, new cement paths on the Boys Side and signage on all the Bike, Hike and Campfire Site trails.



# Meet the 2014 Counselors (as of March 5th)

**Jordan A** - Jordan will be returning to Foley for his third summer on staff working with the critters in Nature and down at the Marina. Jordan is currently a junior at the University of North Dakota majoring in education.

**Kevin B** - Kevin will be joining us for his first summer as a Foley counselor after spending six summers as a camper. He will be working at the Marina, teaching Waterskiing/Wakeboarding. Kevin is in his first year at the University of Minnesota, Carlson School of Management.

**Kylie B** - Kylie is a veteran Foley camper of 11 summers and will be spending her third summer on Foley's staff. She will be helping out at the Marina teaching Waterskiing/Wakeboarding. Kylie is a junior at Curry College in Milton, MA where she is pursuing a nursing degree and plays basketball.

**Dakota B** - Dakota will be a first year counselor. He is currently a computer science major at Oklahoma State University where he is a three time Intramural Archery Champion. He will be using his skills to teach Archery and Tennis.

**Matt C** - Matt was a camper/Octo for seven summers and will be joining us for his third as a Foley counselor, instructing in Video Creativity and Sailing. Matt is currently a junior at the University of Iowa where he is majoring in film studies.

**Ally D** - Ally will be back for her second summer on staff and 14th summer overall (12 as a camper/Octo). This summer she will be back teaching Fencing as well as Snorkeling and Archery. Ally attends the University of New Orleans where she is majoring in elementary education.

**Stephen D** - Stephen will be at Foley for his first summer as a staff member, after spending nine summers as a camper/Octo. Stephen attends Haverford College in Pennsylvania where he is hoping to major in International Relations. Stephen will be down at the Marina teaching Sailing.

**Alex H** - Alex will be back for his second summer as a counselor after staying at Foley through November last fall. He currently attends St. Cloud Community College in Minnesota where he is pursuing a teaching degree. Alex will be a Paintball Specialist and will teach Shop.

**Emily H** - Emily was a Foley camper for five summers and will be returning for her first summer as a counselor. Emily will be teaching Rifery and Snorkeling. She currently attends Grinnell College in Iowa where she is majoring in English. Emily is also a talented violinist!

**Kevin M** - Kevin spent seven summers at Foley as a camper and will be joining us for his first summer as a counselor. Kevin will be teaching Archery and reffing Paintball. He currently attends Santa Clara University in California and is a biology major.

**Katie M** - Katie will be spending her first summers as a Foley counselor. She was a camper for three summer and is looking forward to being back, teaching Tennis and Diving. Katie is currently a freshman at the University of Alabama.

**Emily N** - Emily will be back at Foley for her first summer as a counselor after spending nine summers as a camper. Emily will be down at the Swimdock teaching Snorkeling and Swimming. She is currently studying psychology and statistics at St. Olaf College in Northfield, MN.

**Hanna N** - After two summers as a camper, Hanna will be joining us for her first summer as a counselor. Hanna currently attends Bethel College in St. Paul, MN and studies nursing. She will be teaching Arts/Crafts and Shop.

**Chris O** - Chris will be a counselor for his first summer. He spent five summers as a camper/Octo and will be teaching Rifery and reffing Paintball. Chris attends Century College. He is a classical musician and has a photography business!

**Ross P** - Ross will be joining us for his first summer as a counselor, teaching Waterskiing/Wakeboarding and Climbing. He spent three summers as a Foley camper. Ross recently graduated from culinary school and plans to attend the University of Iowa to study business management.

**Claire R** - Claire will be back again for her second summer on staff. She is a third generation camper who, spent 11 summers as a camper/Octo. Claire will be teaching Guitar and Archery again. She is a sophomore at Marquette University in Milwaukee, WI, majoring in Spanish and English.

**Caroline S** - Caroline spent six summers as a camper and will be back for her first summer on staff. Caroline will be teaching Field Hockey and Fitness classes. She currently attends Bucknell University in Lewisburg, PA, where she studies chemical engineering. Caroline also speaks French!

**Tate S** - Tate will be a first year counselor after spending nine summers as a camper/Octo. He will be at the Marina teaching Waterskiing/Wakeboarding and Sailing. Tate attends Eckerd College in St. Petersburg, FL. He can also play the drums!

**Scott S** - Scott to joining us for his first summer at Foley. He will be a Tennis and Rifery instructor. Scott attends Westminster College in Fulton, MO, and is on the varsity tennis team. Scott has also competed in target rifle and archery competitions!

**Sara T** - Sara will be returning to Foley for her second summer as a counselor and will be down at the Marina teaching Sailing and also on land teaching Climbing. She was a camper/Octo for nine summers. Sara is currently a sophomore at Iowa State University, majoring in design.

### 2014 ADs

**Jenny D** - Jenny has spent the past nine summers at Foley in various roles. In 2014, she will be the Program and Girls Assistant Director. Jenny will work with another AD to plan some of the programming at camp, and she will work with the girl campers and counselors. Outside of camp, Jenny is a preschool teacher and works events at the Children's Museum.

**Jarod W** - Jarod will be back for his fourth summer and second summer as the Land Activity Assistant Director. Jarod will use his expertise to make sure all of the Land Activities are running smoothly. He'll also be helping get all of our trips out. During the school year, Jarod is a sixth grade teacher in the Twin Cities.

## Club Paradise Corner

Club Paradise recognizes our Foley promoters! Once again, we'll be setting up the You Rock tables in the Dining Hall for our special Root Beer Float Parties. **Seventeen campers have already joined the club in 2014!**

We often hear people tell us that they tried to refer a new family, but the parents have a few reservations about summer camp. Here are two of the most common concerns and how you can help minimize them:

**"How can you let your kids go away for two weeks? Don't they miss you? Don't you miss them?"** Of course campers miss their parents and parents miss their kids - but that's healthy! On his website, Michael Thompson, PhD says, "But a parent's first instinct - to shelter their offspring above all else - actually deprives children of the major developmental milestones

that occur through letting them go - and watching them come back transformed." We recommend reading his book, *Homesick and Happy*.

**"I don't think I can go a whole two weeks without talking to my kid on the phone."** To this we say, "sure you can!" We recommend practicing before camp. Try having your child spend a weekend away from home without calling to speak directly to your child!

**"Camp is so far away from our hometown. It would be better for my kids to just go to a local camp."** A camp a few hours by car doesn't seem much closer than a camp that's an airplane ride away once your child is gone. In both cases, parents aren't able to see their child or speak to them. Campers that go far from home have a sense of accomplishment and independence!

## Everyone's Favorite: Camp Food!

Every day our ears buzz with questions relating to what we eat! We have many surprises in store for our 2014 campers with new menu items and a twist on some of the favorites. If you're new to camp (or a veteran) here's what's on the menu for 2014:

### For Breakfast

#### -Main Entrees:

Pancakes, french toast/sticks, waffles/sticks, Soda Bread (coffee cake), oatmeal bake, donuts, muffins, bagels, **tater tot breakfast hotdish (NEW - see page three for photo)**, breakfast burritos (UPDATED)

#### -Side Items:

Cereal (10 different cold cereals, oatmeal, Cream of Wheat and Malt-O-Meal), breakfast potatoes, meats (bacon, sausage links/patties - UPDATED)

#### -To Drink:

Juice (apple, grape, orange or apple-cranberry), Milk (1% or skim)

#### -At the Counter:

Fresh Fruit, yogurt, granola, hard boiled eggs

#### -Condiments (depending on meal):

Brown sugar, raisins, sliced strawberry topping, tabasco, salsa, ketchup, cream cheese, jelly, margarine, sunbutter

### For Lunch & Supper

#### -Main Entrees:

Spaghetti, lasagna, **pizza pasta (NEW)**, tater tot hot dish, Mexican lasagna, ham, chicken breasts, hamburgers, sloppy joes, chicken patties, BBQ beef, chicken strips, turkey, grilled cheese, pizza, tacos, hoagies, BLTs

#### -Side Items:

Chips (corn, Doritos, potato), potatoes (baked, mashed, french fries), cooked or cold vegetables, fresh fruit, bread (wheat, garlic, corn, bread sticks, rolls, biscuits)

#### -To Drink:

Milk (1% or skim), ice water

**-Condiments (depending on meal):** ketchup, ranch dressing, mayo, sunbutter, tobasco, salsa

#### -Salad Bar:

Lettuce (spinach, romaine, iceberg), salads (pasta, potato, chicken, tuna, egg), vegetables, fruit, sunflower seeds, croutons, **bacon bits (NEW)**, variety of dressings



### Vegetarians & Food Allergies

We do our best to make meatless entrees or provide alternative choices for our vegetarian campers and staff. We also work with campers that have a variety of food allergies. New this summer we will provide gluten free options for campers with medical gluten-free diets. We will also provide soy milk and alternative choices when serving dairy-heavy entrees. Products that are known to contain peanuts or tree nuts are limited at camp. **We will definitely work with the above or other allergies! Please be clear when completing the Health History.**

# Parents Page

## Building Brains at Camp



Tina Payne Bryson, PhD and co-author of *The Whole-Brain Child*, was interviewed for the January/February issue of *Camping* magazine in an article "Bunks are Good for the Brains: The Neuroscience of Sleepaway Camp." It's a very interesting interview to read as it explains how summer camp not only

influences the minds of children but can actually **reconstruct** their brains.

In the interview, Payne Bryson talks about the part of the brain that is most affected by a child's experience at summer camp: the **middle prefrontal cortex** (behind the forehead, front-most part of the frontal lobe). This is the part of the brain that regulates the body and emotions and allows us to feel empathy, bounce back after failure, make thoughtful choices and overcome fear.

According to Payne Bryson, **"Experience changes the brain."** What children experience at camp, particularly the emotional and challenging experiences are important to the development of children's brains. Like any muscle, when used, the brain grows and strengthens. The things campers experience at camp (overcoming fears, handling emotions away from parents, mastering a new skill, building relationships, etc.) exercise the brain to build a **stronger** brain.

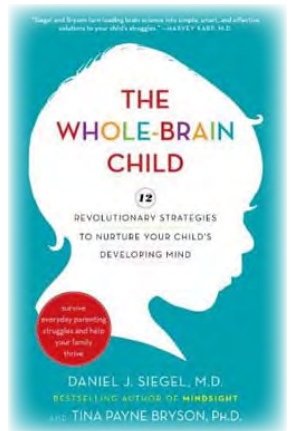
Yes, children can, and do, have similar experiences at home (in school, sports and after school activities), but the summer camp setting is especially unique because it's also centered on having **fun**. Payne Bryson says, **"Kids are willing to work harder and tolerate more frustration and setbacks**

**because they're having a good time doing it, and they're doing it in the context of relationships."** Campers see their friends and peers pushing through. Counselors and staff members empathize with each camper's struggles but still encourage them to push through and endure. Campers then face their challenges and **persist** through. Payne Bryson goes on to say that, **"This is one of the ways 'grit' is built in the brain."** We love having the **opportunity to build grit!**

Through our staff training, camp policies and schedule and programming, we've created an environment that is not only fun for campers but is thoughtfully planned to benefit our camper's brains.

To read the entire interview, visit [acacamps.org/camp-mag/1401/bunks-good-brains](http://acacamps.org/camp-mag/1401/bunks-good-brains). We also encourage parents to read Payne Bryson's *The Whole-Brain Child* co-authored with Dan Siegel. The book provides 12 key strategies to foster brain development.

In the book Payne Bryson and Siegel explain how the "upstairs brain" is forming until a person's mid-20s. So for children, younger children particularly, the right, **"emotional"** brain rules over the left, **"logical"** brain. The book helps parents understand what's happening with their children and how to respond in a way that integrates and develops different parts of the brain. It explains how the structure of the mind can affect behavior, which helps children understand their own behavior. The book uses **science and anecdotes** to teach parents and help children become **calmer and happier**.



### Refer a Nurse

We are looking for a nurse to join us during the first half of Fourth Session. If you know anyone that is a Registered Nurse and has an interest in living and working at camp for a week (July 29 - August 5) have them email [Fun@CampFoley.com](mailto:Fun@CampFoley.com) for information!

Referred by \_\_\_\_\_

Children's Names \_\_\_\_\_

Age/Grade \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name \_\_\_\_\_

Email Address \_\_\_\_\_

Last Name \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Send Information Immediately To:

## Join Club Paradise!

Do you want to be a part of the coolest club at Camp Foley, Club Paradise? Joining Club Paradise has great benefits. You'll receive \$50 off your camp tuition for each person that registers because of your referral, and you'll attend an exclusive Root Beer Float party in the Dining Hall! So... Tell your friends about Camp Foley! This only applies to registrants who are totally new to Foley, which excludes siblings and children of alumni!

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## Camp Foley: Celebrating 90 Years!



This summer was jam-packed with all of the usual Foley Fun of Activities, Evening Programs, Trips, Cabin Time and everything in between.

2014 marked Camp Foley's 90th summer of operation! To celebrate, we had special Founder's Collections shirts, did some special programming and commemorated each session in a special way.

Inside you'll find out all the details of our 90th Summer including 2014 Honors and Awards, Club Paradise, Bridge Crossing and more!

## 2014 Activity Honors

We'd like to congratulate all of our campers who earned awards at camp this summer. From basic to advanced, every award that's handed out is special because it shows passion and persistence in an activity a camper enjoys. We'd like to recognize the campers who earned the highest award offered in an activity and campers who earned the highest award given out in 2014 at an activity.

### Highest Award Offered

These campers earned some of the most difficult awards at camp! Congratulations to those who went above and beyond to master a specific Foley activity!

**Skipper in Sailing:** Walker Mullin and Lars Stannard

**Expert in Waterskiing:** Thomas Bryan, Jr.

**American Archer in Archery:** Will Caulkins and Jens Damgaard

**Rock Jock in Climbing:** Alejandro Mesa

**Top Rock in Biking:** Grant Hower

**Advanced Foil in Fencing:** Elijah Bond, Russell Bransfield, Josh Bushman-Guertin, Owen Claymon, Griffin Curran, Lisset Garcia, Walker Mullin, Tommy Pratt, Faith Roche, Genevieve Stockmann, Will Swanson and Sophie Vogelsang



Left to right: Walker Mullin, Lars Stannard, Thomas Bryan, Jr., Jens Damgaard, Will Caulkins, Grant Hower and Alejandro Mesa.

### The Closet Junkie!

We'd like to give a huge shout out to the 2014 campers who got their Closet Junkie this summer: **Eugenio Villarreal, Hina Fernstrom, Dan Holmes and Miranda Castillo.** These campers showed off their talent shredding the gnar on Whitefish Lake.

To earn the Closet Junkie a camper must successfully ride everything in the ski closet including: **waterski (two skis and slalom - one ski), trick ski, wakeboard, wakeskate, wakesurf, the disk and barefoot on the boom.**

The challenge is that "sort of" getting up doesn't count. Campers must show enough skill that they could go to the ski closet, grab anything, jump in the water and successfully ride the course. **Only 34 campers have earned this honor since 2010!**

### Spotlight on: Top Rock

The last Top Rock Award was given out in 2011, so it's pretty awesome that we had a biker talented enough to accomplish everything needed to earn this award!

Congrats to **Grant Hower** who had to do the following and more to earn his Top Rock:

- » Ride all of Foley's bike trails, confidently 3 times.
- » Complete the advanced obstacle course loop.
- » Go down the "bowl" with confidence 3 times.
- » Change a tire, name 30 parts, adjust brakes.

### Highest Award Achieved in 2014

These campers may not have achieved the highest award possible in these activities, but they are showing skill and improving with each class they take! Congratulations to all who earned the highest award given out at an activity this summer!

**Riflemaster #2 in Riflery:** Lachlan Ewald

**Advanced in Wakeboarding:** Michael Guckeen and Michael Savelkoul

**Advanced Intermediate in Tennis:** Emile Guerrier and Katherine Stromseth

**Master Dive in Diving:** Kate Norman

**Board Award in Windsurfing:** Miranda Castillo, Lucy Covert, Thomas DiMarco, Raffi Ferreira, Florence Harting, Mary Kate Holmes, Henry Michalak, Michael Moran, Mae Munkeby, Cecy Palau, Emma Rock and Emma Sprich

**Basic Canoe:** Gregory Antigua, Joseph Belman, Augie Bent, Andres Delgado, Andrew Krayner, Pablo Martinez, Henry Michalak, Lucia Nelson, Jillian Oncay, Tommy Pratt, Louise Rose, Devika Singh, Henry Vliestra, Shef West, Henry Wicklund and Macy Zins

**Dinghy in Sailing Bics:** Olivia Bacon, Natalie Brown, Meredith Christiansen, Owen Claymon, Gregory Demakos, Will Devine, Kaitlyn Hughes, Kate Kugler, Alex Mann, Emma Mardosz, Emma Rock, Maggie Schmoker, Frances Schroeder, Olivia Sieff and John Stanley

**Muskrat in Snorkeling:** Owen Claymon, Cara Devine, Gregory Gonzalez, Max Hoffman, RJ Hughes, Peter Kohlmann, Grace Krasney, Ethan Kuster, Wyatt Lee, Alessandra Miolli, Maggie Newsome, Zada Olig, Lucia Ortiz, Sam Rocheford, Jared Roerick, Jake Ryan, Katherine Stromseth, Tali Thomas and Megan Toner

**Catfish in Swimming:** Skylar Bartz, Elijah Kempf, Vivian Lakotas, Nyla Larry and Morgan Malarkey

## Nature Hall of Fame

Counselor and Nature instructor, Jordan Anderson, created a new recognition for some of our most enthusiastic about Nature campers: **the Nature Hall of Fame!** Many Nature classes involve a trip to Hidden Lake (or the parking lot) in search of some of Minnesota's smallest and most common reptiles. Campers that spend a lot of time at the Nature Corner learning about some of Minnesota's resident critters then go out into nature to catch some of them on their own.

2013 was the first summer the award was offered and only one camper entered the Nature HOF: Siri Shropshire. In it's second summer, seven camper's joined Siri in the Hall of Fame! To enter the Hall of Fame campers have to catch five of six specific reptiles - garter snake, red belly snake, skink, frog, toad and salamander. Campers must also catch a painted turtle. They must do all of the catching without assistance!

Once a camper has caught all of their critters, they get to take a photo with their favorite snake owned by Camp Foley, which will be hung up in the Nature Corner for years to come!

**Congratulations to Cooper Camp, Zoe Camp, Isabela Castillo, Emilio Duran, Annie Epstein, Tommy Greenfield and Diego Scala for being inducted into the 2014 Nature Hall of Fame!**



2013 Inductee: Siri Shropshire

2014 Inductees:  
Cooper Camp, Zoe Camp,  
Isabela Castillo



More 2014 Inductees:  
Annie Epstein, Diego Scala,  
Emilio Duran and Tommy  
Greenfield.



**CONGRATS!**

## Gold Birchbark Award

**Congratulations to Jens Damgaard** who is halfway to his Gold Paddle! This summer, Jens earned his Gold Birchbark Award. To earn a Birchbark Award, campers must complete half of the requirements of the Silver (to 12 years of age) or Gold (13+) Paddle. **This summer, Jens earned his Silver Bow Archer and assisted an Archery class to earn his final requirement for the Birchbark.**

Some of the other awards Jens has checked off for his Gold Birchbark include: **Advanced Canoeing, Sharpshooter #2 in Riflery (plus three hours of Trap Shooting), Swimming Level 5, Advanced Foil in Fencing and Beaver in Snorkeling.** Jens has also participated two shop projects and completed four weeks of the LIT program.

After completing the activity requirements, the administrative staff voted on Jens' attitude, behavior and relationship skills within the cabin and camp community. Anyone who knows Jens knows that he is an exceptional role model and an overall great camper! **We hope that Jens continues earning awards next summer to receive his Gold Paddle.** If he does, it will be the first Gold Paddle handed out since 2006!



## Bridge Crossing Essays

Congratulations to the **12 campers and staff** who completed their 500-word, "What Does Camp Foley Mean to Me" essay in 2014! These campers and staff have all been to Foley for five or more years and joined the Bridge Crossing group this summer at camp!



"Camp can mean a million different things to a million different people, but to me it means the place where everyone is welcomed, no one is judged and where lifelong friends and memories are made." -- Olivia Bacon, Illinois



"I always look forward to soda bread, smiles, camp fun, and meeting new cabinmates who grow into becoming some of my lifelong friends." -- Joe Henkhaus, South Dakota



"Camp is a glorious break from life where no one is sad, there are tons of awesome things to do, and everybody has your back. There is no other place like it, and it is amazing. That is why I love Camp Foley" -- Peter Henkhaus, South Dakota



"It's a place that I call home, so with these last words, I want to give my best advice. Camp goes by like a whirlwind so take a moment to remember everything because before you know it, it'll be your last day." -- Maggie Hinken, Illinois



"I'm a really shy person, so meeting new people isn't easy. But over the years of going to camp it's gotten way easier. My first year at camp I was so nervous about going to camp. But after I met my first friend camp got so much better." -- Marian Hollenbeck, Minnesota



"So please, for me, and for all the others who long to still be here, enjoy these moments because they are gone before you blink, strive to leave a lasting impact (or legacy) here because whether you realize it or not, this place leaves a legacy on you." -- Josh Levinson, Missouri



"Camp Foley has been a great experience for me for it has made me a very mature, responsible, well rounded child; this is important to me for this is not only useful at camp, but it is also very helpful in life." -- Diego Marcos, Mexico



"Seeing campers grow up and mature like I did as a camper, and accomplish and do things they never thought they could do has been the most rewarding thing I have ever done." -- Evan Oncay (Counselor), Minnesota



"My time here at Foley has been truly memorable and life-changing. The people I've met and the memories I've made will not be forgotten because once a Foley camper, always a Foley camper." -- Helen Palmer, Minnesota



"Others might think camp is some ordinary camp. But once you have been to Camp Foley you can see the true meaning, to make friends, meet new people and have a lot of fun." -- Lucas Rapetti, Switzerland



"It is the place where I make lifelong friends, learn skills for activities, become a better leader, and the one place where I can truly be myself. That is why I have been coming back each year." -- Jack Schaaf (Octo), Minnesota



"One of the other traditions at Foley that I love is the dance. I enjoy the dance because it's fun to dance. I also love the dance because there is a different theme every year." -- Shef West, Minnesota

**Will 2015 be your fifth or more summer at Foley?** If you haven't written your Bridge Crossing 500-word essay yet, why not take the time to write it over the school year? Some people even use the essay as a school assignment! (Killing two birds with one stone!) **You can email your completed "What Foley Means to Me" essay to [Fun@CampFoley.com](mailto:Fun@CampFoley.com), and we'll have it ready for you to read next summer.**

## Hall of Fame

The Hall of Fame is an important achievement for many campers and staff. Unlike traditional activity awards, the Hall of Fame doesn't require any special skill set. But it does require a passion for camp and a desire to return year after year. Campers and staff can only enter the Hall of Fame after they have spent 10 summers at Foley, have joined the Bridge Crossing group by writing their "What Camp Foley Means to Me" essay, and have completed a biography sheet describing their years at Foley. **Below are excerpts from the 2014 Hall of Fame inductees' "What Camp Foley Means to Me" essays:**

"For all of those who have passed through and have yet to come, we have landed on something truly beautiful." -- Matt Carney (First year: 2004)

"My fifth year at camp was the best yet! I received my Birchbark and my Silver Paddle. I made a lot of friends and connected with my old camp friends." -- Kevin Beltz (First year: 2001)

"Camp brings out creativeness and wackiness in all of us." -- Stephen Davis (First year: 2004)

"Camp Foley is like finding someone inside you, someone you never knew was there; a funnier and happier person, the kind of person you always wanted to be." -- Emily Newman (First year: 2004)

"Every memory I have of camp is there because someone did something for me. Whether they made me laugh, cry, learn a new skill, discover something about myself, or just have a good time in general." -- Evan Oncay (First year: 2004)

"Just like the story of the Three Braves, my awards are my roses, my friends are my rocks, but Camp Foley is my eternal sunrise and even though the sunrise has to go away, the memory of it will always be in my heart." -- Sara Turke (First year: 2003)

"I wasn't always going to a destination, sometimes I was walking just to look around at what Camp Foley really looked like. I loved to let nature just soak in. It was utter perfection by the way." -- John Daily (First year: 2004)

"My friends make camp an even better experience and more fun. The counselors, campfires, and cabins make camp a great experience. Camp is a necessity in my life." -- Tory Kronschnabel (First year: 2005)



Top left: Matt Carney, Kevin Beltz, Stephen Davis, Emily Newman. Above: Evan Oncay. Bottom left: Sara Turke, John Daily, Tory Kronschnabel.

### Find Camp Foley Online!

**CampFoley.com** - Find 2015 dates & rates and registration information. Keep up-to-date with camp news. As we get closer to 2015 check out "Look Who's" and "Meet the Staff" where we post which campers are returning in 2015 and who the returning and new staff are!

**Facebook** - "Like" Camp Foley on Facebook! It's a great way to stay updated on all things Foley! We post photos and links to articles and Rattlin' Blog posts. You can find us at [Facebook.com/CampFoley](https://www.facebook.com/CampFoley).

**Instagram** - Follow [@CF1924](https://www.instagram.com/CF1924) for lots of great Camp Foley posts! Share your [#WhitefishWednesday](https://www.instagram.com/WhitefishWednesday) pics!

**The Rattlin' Blog** - Head to Foley's blog to check out some fun things in the off season. Visit [CampFoley.blogspot.com](http://CampFoley.blogspot.com) today! Read camper stories, tales from alumni or about the benefits of summer camp! **Contribute to the blog by emailing your ideas or blog posts to [Fun@CampFoley.com](mailto:Fun@CampFoley.com)**

**YouTube** - Check out [YouTube.com](https://www.youtube.com) and search "Camp Foley" to watch all of the 2014 videos. Find the End of Session videos and more!

**Twitter** - Follow [@CampFoley](https://twitter.com/CampFoley) on Twitter! We post regularly. Keep an eye out for special contests in the offseason!

## 90th Year Celebrations!

We celebrated our 90 years in a big way this summer! From commemorative activities, to rainy-day relays and from a Founder's Day Dinner, to the Historical Bucketlist, there was a lot of Foley Spirit in 2014. Check out some more details below...



2nd Session campers left handprints in the new sidewalk to Foley Hall!



We planted a maple tree during 4th Session and campers signed a rock!



Every cabin attempted to complete the **Historical Bucket List** this summer! There were ten items from ten decades of camp including: 1920s Calisthenics on Foley Green, 2010s Fire Pits and 2000s Dining Hall Hangout!



For our **Founder's Day Dinner** we ate 70s style in the Dining Hall. Boys sat together on one side, and girls sat together on the other. Campers provided talent and entertainment throughout the meal. After dinner, we sang songs (summer favorite: Clementine). Evening Program featured the **Rainy Day Relay**, where cabins completed tasks all over camp, or **Cabin Challenges** where one cabin would challenge another to an athletic event!

**Cabins that completed the Historical Bucket List** - 2nd Session: Yakama, Ishtakaba, Micmac, Sacajawea, Menominee, Hiawatha, Kadigomeg and Kildare. 3rd Session: Micmac and Mandan. 4th Session: Yakama, Ishtakaba, Matoaka, Menominee, Tekawitha, Mandan and Kadigomeg. Way to go!

## Look Who's Already Registered!

Shout out to Robby McMahon who was the first camper to register for Foley's 91st summer. As of September 29th, 48 campers have registered!

The following people are already registered for #CF2015: Marcela Alanis, Sophie Alanis, Eli Barton, Lauren Beh, Ella Bonnabeau, Louie Bonnabeau, Anna Boullery, Nora Boyd, Olivia Boyd, Russell Bransfield, Benjamin Carrillo, Sebastian Carrillo, Andrew Chappelle, Meredith Christiansen, John Combs, Emerson Corona, Max Corona, John Costello, Martin Dieck, Emilio Duran, Juan Pablo Duran, Marcelo Duran, Betsy Fries, Esperanza Garcia, Matthew Greenfield, Grayson Howes, Juan Iza, Alma Lozano, Andrew Lozano, Mariana Lozano, Mariano Martinez, Monica Martinez, Robby McMahon, Alejandro Mesa, Celina Mouret, Camila Romo, Ellie Scheid, Maggie Schmoker, Carly Shoemate, Harper Stewart, Daniela Trevino, Jose Marcelo Trevino, Roberta Trevino, Maria Turner, Tomas Turner, Cole Zeh and Nicholas Zeh.

## Summer Service

Each summer Camp Foley works hard to be a positive member of the Brainerd Lakes Area community. In 2014, we were involved in two community service efforts and had campers run in four different 5k races!

### Invasive Species

This summer, small groups of campers and a staff member went to a boat landing on Trout Lake to inspect incoming and outgoing boats for aquatic invasive species (AIS). It was the job of a counselor and the campers to okay the boats entering or exiting the lake. Our Foley representatives would inspect boats and talk to boat owners about a variety of AIS, specifically **Eurasian Milfoil** and **Zebra Mussels**. Four Foley staff members were trained by the local DNR (Department of Natural Resources) to conduct the checks with the help of campers. The DNR provided a checklist to use when inspecting boats. The list included things like lifting the prop up and down, emptying live-wells and removing plugs from boats. Learn more about AIS at [www.dnr.state.mn.us/invasives/aquatic](http://www.dnr.state.mn.us/invasives/aquatic).

### Happy Dancing Turtle



Our Leaders in Training (LITs) and Counselors in Training (CITs) had the opportunity to work with Happy Dancing Turtle this summer. **Happy Dancing Turtle in Pine River is a member of the Resilient Living Council. The self-sustainable living community's mission is to empower people to live sustainable lifestyles.** Each group of LITs/CITs that went did a different volunteer activity. Some campers helped plant a community garden so that local residents, who struggle financially, have access to fresh produce. Other campers



helped cleanup a local river park or weeded gardens in other areas. One group of LITs planned a morning of games and activities for children who attended Happy Dancing Turtle's Eco Camp.

### 5K Races

Each session we had campers attend local 5k races - each race for a good cause. First Session campers ran in the **Brainerd Lakes Area Susan G. Komen Race for the Cure**. Second Session campers ran in **Grandpa's Run for the Walleye** in an effort to restore the Whitefish Area's Walleye population. Third Session campers ran in the **Northern Plaid Festival Run** to support The Brighter Days Foundation, an organization to promote family wellness in the community. Fourth Session campers ran in the **Crosslake Dam Run** where proceeds are reinvested into the Crosslake community.



## Club Paradise

We'd like to take some time to recognize those of you who encouraged others to join the Foley Family this summer! We had 41 campers and eight alumni join Club Paradise this summer by referring friends to camp and then getting them to register! With their referrals and enthusiasm for Foley, 58 new campers joined us at Foley in 2014 after being referred! The Guzmans, the Gutters, Emerson Foley, Quinn Gardner, Beth Foster, Jackson Biggs and Tom Jaeger all got multiple campers to register for camp this summer. Keep referring new families and soon you'll be getting your spoons!

**Want to join the club?** All you have to do is refer friends to us! For every person you refer, you'll get a free canteen! If your friend registers, you'll get a root beer mug and \$50 off your camp tuition. When you refer your fifth person, you'll receive your root beer float spoons (plus \$200 off your camp tuition)!

Learn more about Club Paradise at: [campfoley.com/foley-families/club-paradise](http://campfoley.com/foley-families/club-paradise).



Referred by \_\_\_\_\_

Children's Names \_\_\_\_\_

Age/Grade \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name \_\_\_\_\_

Email Address \_\_\_\_\_

Last Name \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

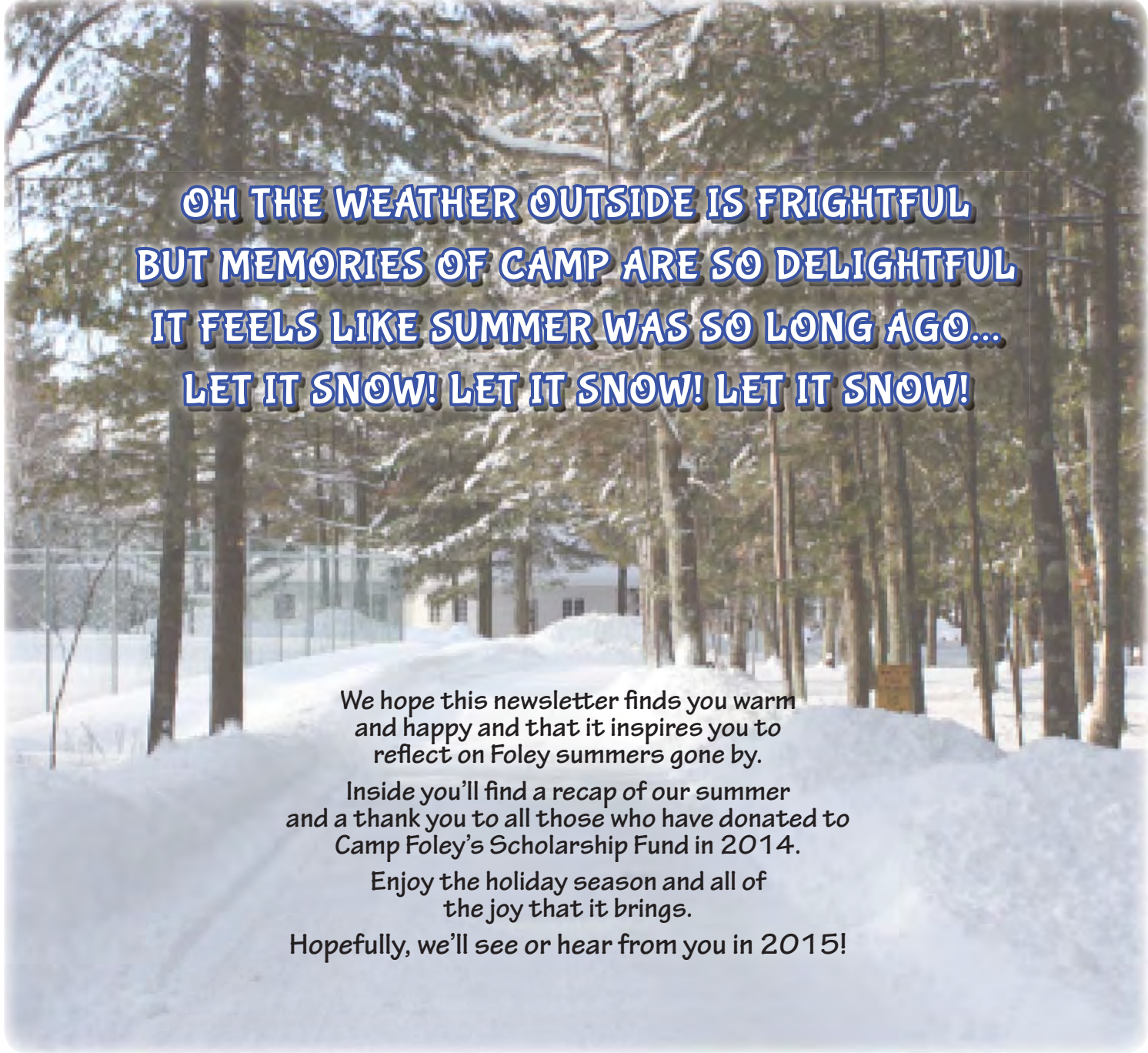
**Send Information Immediately To:**

**Join Club Paradise!**

Do you want to be a part of the coolest club at Camp Foley, Club Paradise? Joining Club Paradise has great benefits. You'll receive \$50 off your camp tuition for each person that registers because of your referral, and you'll attend an exclusive Root Beer Float party in the Dining Hall! So... Tell your friends about Camp Foley! This only applies to registrants who are totally new to Foley, which excludes siblings and children of alumni.

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**OH THE WEATHER OUTSIDE IS FRIGHTFUL  
 BUT MEMORIES OF CAMP ARE SO DELIGHTFUL  
 IT FEELS LIKE SUMMER WAS SO LONG AGO...  
 LET IT SNOW! LET IT SNOW! LET IT SNOW!**

We hope this newsletter finds you warm and happy and that it inspires you to reflect on Foley summers gone by.

Inside you'll find a recap of our summer and a thank you to all those who have donated to Camp Foley's Scholarship Fund in 2014.

Enjoy the holiday season and all of the joy that it brings.

Hopefully, we'll see or hear from you in 2015!

## 2014 Honors

We'd like to congratulate all of our campers who earned awards at camp this summer. From basic to advanced, every award that's handed out is special because it shows passion and persistence in an activity a camper enjoys. We'd like to recognize the campers who earned the highest award offered in an activity and campers who earned the highest award given out in 2014 at an activity.

### Activity Achievements

These campers earned some of the most difficult awards at camp! Congratulations to those who went above and beyond to master a specific Foley activity!

Skipper in Sailing: Walker Mullin and Lars Stannard

Expert in Waterskiing: Thomas Bryan, Jr.

American Archer in Archery: Will Caulkins and Jens Damgaard

Rock Jock in Climbing: Alejandro Mesa

Top Rock in Biking: Grant Hower

Advanced Foil in Fencing: Elijah Bond, Russell Bransfield, Josh Bushman-Guertin, Owen Claymon, Griffin Curran, Lisset Garcia, Walker Mullin, Tommy Pratt, Faith Roche, Genevieve Stockmann, Will Swanson and Sophie Vogelsang



Left to right: Walker Mullin, Lars Stannard, Thomas Bryan, Jr., Jens Damgaard, Will Caulkins, Grant Hower and Alejandro Mesa.

### Hall of Fame

The Hall of Fame is an important achievement for many campers and staff. Unlike traditional activity awards, the Hall of Fame doesn't require any special skill set. But it does require a passion for camp and a desire to return year after year. Campers and staff can only enter the Hall of Fame after they have spent 10 summers at Foley, have joined the Bridge Crossing group by writing their "What Camp Foley Means to Me" essay, and have completed a biography sheet describing their years at Foley. Since 1997 only 70 individuals have been inducted into the Foley Hall of Fame, 8 of whom were inducted in 2014.



Top left: Matt Carney, Kevin Beltz, Stephen Davis, Emily Newman. Above: Evan Oncay. Bottom left: Sara Turke, John Daily, Tory Kronschnabel.



## Gold Birchbark Award

**Congratulations to Jens Damgaard** who is halfway to his Gold Paddle! This summer, Jens earned his Gold Birchbark Award. To earn a Birchbark Award, campers must complete half of the requirements of the Silver (to 12 years of age) or Gold (13+) Paddle. **This summer, Jens earned his Silver Bow Archer and assisted an Archery class to earn his final requirement for the Birchbark.**

Some of the other awards Jens has checked off for his Gold Birchbark include: **Advanced Canoeing, Sharpshooter #2 in Riflery (plus three hours of Trap Shooting), Swimming Level 5, Advanced Foil in Fencing and Beaver in Snorkeling. Jens has also completed two shop projects and four weeks of the LIT program.**

After completing the activity requirements, the administrative staff voted on Jens' attitude, behavior and relationship skills within the cabin and camp community. Anyone who knows Jens knows that he is an exceptional role model and an overall great camper! **We hope that Jens continues earning awards next summer to receive his Gold Paddle.** If he does, it will be the first Gold Paddle handed out since 2006!

## 2014 Scholarship Donors

### Direct Scholarship Donors

(via direct family donations - \$17,125):

This year the Foley scholarship fund was designated for memorials for **Mary Disser McCrea and Bob McCormick.** Mary's daughter, Maddi, was a counselor at Foley in '08 & '09. Bob McCormick was a camper from 1958-1964, and also spent 8 years on staff at Foley. Both will be missed and leave behind dedicated families and friends.

#### In memory of Bob McCormick

Mark & Susan Anderson, Ronald & Robyn Anderson, Sally Bader-Hoagland, William & Kristin Berg Thompson, Carolyn Blesi, Barbara Boysen, Blaine Burdick, Jim & Margaret Arms Burt, James & Virginia Davis, Mary & Richard Eide, Sharon Eull, Patrick Finn, Chelsea Flaherty, Joanna Gellerman, Patricia Herm, Tom Kennedy, Rebekah Medley, BW Nelson & Liz O'Reilly, Nuessle & Yackel Family, Teresa Nuessle, Jeffrey Rondeau & Jane McLain-Rondeau, Robert & Carol Thompson, Robert & Mary Snediker, Mary Sturzl, Ridgeview Condominiums

#### In memory of Mary Disser McCrea

Michael & Kathy Antonello, Carole R Costas, Gaby Driessen, Kathie Vaughn

#### Other Direct Donations

Bruce & Joanne Aldrich in memory of Haven Williams  
Margaret Andrus In memory of Clinton G Andrus  
Thomas Braig  
Julia Brown  
Mary Ella Galbraith  
Greg Haley  
Joseph & Kathryn Hamel  
The Guckeen Family in memory of Mr. & Mrs. Cammack  
Emily & Bruce Hanavan  
Lauren Hartzell Nichols  
Anne Hickey Everett  
Dave & Michelle Horan  
Henry & Colleen Huey  
Bob & Judy Klauer  
Courtney Kronschnabel  
Matt Kronschnabel  
Peter & Kym Kronschnabel  
DL Marchwick  
Robert McCormick  
Stephanie Miller & Russell Bransfield  
Fr. Timothy Power In memory of Frances Rowan  
Jim & Laura Roche  
Joan Trueheart & Robert Bacon  
Brian Walsh

### Family Donations

(via summer 2014 Canteen balances/other - \$2427.86  
Maggie & Craig Allen, Steve & Jennifer Bartz, Nancy & Daniel Bauer, Denise Bentele & Kent Heintz, Kelly Bertenshaw, Felicia & David Boyd, Stephanie & F. Miller Bransfield, Nancy Brasel & Todd Noteboom, Jeff & Lisa Brown, Lisa & Jim Carlton, Elizabeth Carrillo, Carol & Doug Chappelle, Matt & Ruth Christensen, Paula & Scott Claymon, Carolyn & Chad Collett, Joan & Robert Cummins, Larry & April Daily, Heidrun Dame & Hector Mesa-Corrales, Kenn & Amalia Damgaard, Debra & Dennis Degori, Megan & Joe Deignan, Angelica Della Grazia & Michele Volpi, Ashwin & Lakshmi Dundoo, Kristi & James Eiler, Debbie & Tom Epstein, Thaddeus & Erin Ewald, LaRae & Paul Ferreira, Sue Fink & Tracy Dockendorf, Ann & Brian Folkman, Ellie Fox, Roger & Michelle Fox, Michelle Frommelt, Peter Gerrard, Priscilla Glover & Charles Webre, Amy & Philip Goldman, Robert Guertin & Chad Bushman, Kristin Hagen & Paul Newsome, Shannon & Michael Hall, Emily & Bruce Hanavan, Inger Hansen Elliott, Holly & Kyle Hart, Valerie & Michael Hoffman, Mark & Anne Hooley, Chrisy & Pat Hughes, Samantha Isackson & Nathan Rod, Sharon & David Jaeger, Susan Kiffin, Laura & John King, Larry & Debbie Krahl, Candace Kral, Sara Krasny, Alix & Anson Lee, Gerardo Leon de la Vega, Kelli Lewis & Joseph Lanphear, Carmen Llaguno, Rachel & Andrew Mann, Mendi & Joe Mays, Monica & Tim McGregor, Tracy & Jeff McGuire, Lisa & John Meccia, Mia & Sai Mendoza, Katy Meyers, Ilona Mohn, Andrew & Kristyn Mullin, Bronagh Murphy & Karl Foster-Smith, Daniel & Lynn Murray, Cathy & James Newman, Benagh & Josh Newsome, Heidi & Mike Norman, Margot & Eric Olness, Rodrigo Paddilla, Patti Phillips, Anne & Benjamin Pratt, Providence St Mel School, Bethany Quam, Michael & Terry Rehani, Joshua & Bobbi Reisetter, Deidre Renchin, Anthony & Jamie Rocheford, Ken Roerick, Mary & Chris Scheid, Georgie Slade & Patrick Moran, Kenyatta Spann, Kathy Spraitz & Mike Swanson, Laura & Joel St. John, Lisa Steffen, Mercedes & Mike Stenberg, Betsy & John Stephenson, Braedi & Dan Tagart, Anthanette Thomas, Jason & Joanne Tschida, Michelle Voita, Jenny Wang & Dongming Liu, Kathleen & Dan West, Dave Zins

### Make a Donation

If you are willing and able, please send your tax deductible donation to Camp Foley. **Checks can be made to the "American Camping Association"** and designated for the "Camp Foley Scholarship Program."

## Schmid Family Update

Congratulations are in order for **Steve Schmid** (Tom's son) and his wife, Naomi, on the birth of their daughter, Kate, last January. Also congratulations to **Laura Schmid Webber** (Tom's daughter) and her husband, Mark, on the birth of their daughter, Beth, last March!



## Update Us on You!

We're still working hard to keep our Alumni Database up-to-date. We want to keep our alums in the know on everything that's happening around camp! We understand that people move, change email addresses and get married and that makes our job tough!

Thankfully, Foley has made it easy for alumni to keep their contact information current with the **Alumni Update Form** available online. Do you know what your Foley friends are up to? Encourage old friends, cabinmates and counselors that you keep in touch with to update their information as well.

Find the form on the **Camp Foley website** or at: [www.campfoley.com/alumni/alum-update-form](http://www.campfoley.com/alumni/alum-update-form)

## Summer Service

### Invasive Species

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**Twitter** - Follow [@CampFoley](https://twitter.com/CampFoley) on Twitter! We post regularly. Keep an eye out for special contests in the offseason!

## Bridge Crossing Essays

This summer, 12 campers and staff took the time to complete their five-year Bridge Crossing essay entitled "What Camp Foley Means to Me." Below are some excerpts from campers with alumni parents, from our alumni that are now staff/Octos, and from campers who spent their last summer as campers in 2014 - our newest alumni!



"Camp can mean a million different things to a million different people, but to me it means the place where everyone is welcomed, no one is judged and where lifelong friends and memories are made." -- Olivia Bacon (new alumni)



"I always look forward to soda bread, smiles, camp fun, and meeting new cabinmates who grow into becoming some of my lifelong friends." -- Joe Henkhaus (son of Anne (Zeckser) Henkhaus)



"Camp is a glorious break from life where no one is sad, there are tons of awesome things to do, and everybody has your back. There is no other place like it, and it is amazing. That is why I love Camp Foley" -- Peter Henkhaus, (son of Anne (Zeckser) Henkhaus)



"It's a place that I call home, so with these last words, I want to give my best advice. Camp goes by like a whirlwind so take a moment to remember everything because before you know it, it'll be your last day." -- Maggie Hinken (new alumni)



"So please, for me, and for all the others who long to still be here, enjoy these moments because they are gone before you blink, strive to leave a lasting impact (or legacy) here because whether you realize it or not, this place leaves a legacy on you." -- Josh Levinson (new alumni)



"Camp Foley has been a great experience for me for it has made me a very mature, responsible, well rounded child; this is important to me for this is not only useful at camp, but it is also very helpful in life." -- Diego Marcos, Mexico (son of Jesus Marcos Iza)



"Seeing campers grow up and mature like I did as a camper, and accomplish and do things they never thought they could do has been the most rewarding thing I have ever done." -- Evan Oncay (camper & staff alumni)



"My time here at Foley has been truly memorable and life-changing. The people I've met and the memories I've made will not be forgotten because once a Foley camper, always a Foley camper." -- Helen Palmer (new alumni)



"It is the place where I make lifelong friends, learn skills for activities, become a better leader, and the one place where I can truly be myself. That is why I have been coming back each year." -- Jack Schaaf (camper & Octo alumni)



"One of the other traditions at Foley that I love is the dance. I enjoy the dance because it's fun to dance. I also love the dance because there is a different theme every year." -- Shef West (son of KC (Williams) West)

## Club Paradise

This summer, eight alumni joined Club Paradise by referring new families to camp! With their referrals, and the referrals from our camper families, **58 brand new campers** spent their first summer at Camp Foley in 2014! Thank you to the alumni and alumni families that were a part of Club Paradise this summer: Erica Davis, Martha (Lopez) Driessen, Bill Goblirish, Amy Guttery, Sofia Guzman, Beth (Berger) Foster, Cathy Rieckenberg and Lisa Talberg.

**Want to join the club?** All you have to do is send us the info of a family that has never sent a child to Foley. If that camper registers, you'll get a Camp Foley Club Paradise Root Beer Float Mug! You get one mug for each of your first four families. Upon your fifth new families' registration, you'll get a set of four Camp Foley Root Beer Float Spoons. **Learn more about Club Paradise at: [campfoley.com/foley-families/club-paradise](http://campfoley.com/foley-families/club-paradise).**

## Commemorating 90 Years

For our 90th summer, we wanted a way to commemorate each session. Not only did we bring back the all-camp picture, but each session we did something that will forever be a part of Camp Foley.

### 1st Session

Throughout 1st Session, campers could visit Open Crafts for an opportunity to create a puzzle piece. The puzzle will be put together and will be mounted and hung somewhere at camp!

### 2nd Session

We poured some new concrete paths around Foley Hall and the Wheelhouse this summer, so in the sidewalk leading up to Foley Hall our 2nd Session campers and staff had the opportunity to leave their handprint! Alums that visited 2nd session and left a hand print: Gaby Driessen and Maddi McCrea



### 3rd Session

Once again, campers had the opportunity to come to Open Crafts, but this time they were making pieces of our "Foley Campers Are..." adjective quilt that will hang somewhere at camp!

### 4th Session

During 4th Session we planted a maple tree outside of Foley Hall/the Wheelhouse. Campers and staff signed rocks that sit near the tree. Campers that visited 4th session and signed the rocks: Jay Blanke, Jack Cunningham, Maddie Lorentzen, James Mills, Thomas Schroeder and Mary Grace Schuler.



# 90th Summer Celebrations in 2014!

## Founder's Day

Each session, we celebrated Founder's Day in honor of our founder, Father Foley. To celebrate, campers and staff dressed up for a special dinner - complete with camper-provided entertainment, participated in an exciting Evening Program and wore their Founder's Collection shirts.



**Top:** For our **Founder's Day Dinner** we ate **70s style** (boys on one side girls on the other) in the Dining Hall. After dinner everyone stayed in the Dining Hall to sing songs. The summer favorite: Clementine!

**Middle left:** Campers provided talent and entertainment throughout the meal. Over the summer we saw piano players, singers, dancers and pogo stickers.

**Middle and bottom right:** 1st and 3rd Session campers did the "Rainy Day Relay." Various stations were set up for campers to accomplish a goofy task before moving on.

**Bottom left:** Founder's Day was celebrated on the 4th of July during 2nd Session. Cabins sported red or blue and took on another individual cabin or joined forces for an athletic event.

## Historical Bucket List Challenge

In a celebration of past Foley traditions, every cabin attempted to complete the **Historical Bucket List** this summer! Some of the items were done at the same time as an entire camp (Calisthenics, Cabin Inspection and Dining in the 70s), and other items were completed as individual cabin groups. The bucket list items included:

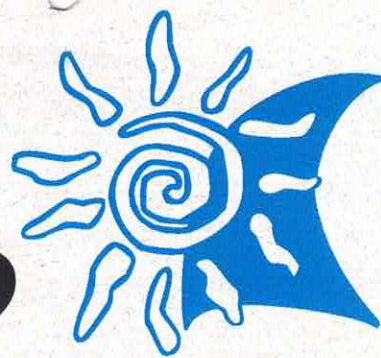
- **1920s - 15 Minutes of Calisthenics:** Before breakfast campers made their way to Foley Green for a quick workout!
- **1930s - Military Style Cabin Inspection:** Campers and counselors super-cleaned their cabin for a white glove inspection!
- **1940s - Morning Polar Plunge:** Cabins ventured out to Whitefish Lake early in the morning to jump in the water!
- **1950s - Snipe Hunt:** Campers hunted for snipes on Foley's trails. If they found a Snipe, they would later enjoy Snipe Pie!
- **1960s - Bugle Calls:** Cabins woke up to Reveille and followed other bugle calls throughout the day.
- **1970s - Dining in the 1970s:** All the boys dined on one side and girls on the other!
- **1980s - Sing Along in Foley Hall:** Campers would grab a guitar or a song book for inspiration!
- **1990s - Cabin Challenges:** One cabin would challenge another to an athletic event.
- **2000s - Dining Hall Hangout:** Cabins played 4-square, chalked or jumped rope.
- **2010s - Fire Pits:** Cabins hung out, told stories or sang songs around one of camp's fire pits.



**Cabins that completed every item on the Historical Bucket List:**

- **2nd Session:** Yakama, Ishtakaba, Micmac, Sacajawea, Menominee, Hiawatha, Kadigomeg and Kildare.
- **3rd Session:** Micmac and Mandan.
- **4th Session:** Yakama, Ishtakaba, Matoaka, Menominee, Tekawitha, Mandan and Kadigomeg.

# Foley Campership Update



Vol. 2 • Issue 1 • Spring 2014

## 90 Years of Serving Youth

It's 2014, and Camp Foley is celebrating its 90th year! Many of you know the story of Father Foley founding this place for young boys to come and enjoy the out-of-doors. Over Camp Foley's 90-year run, Directorship has changed hands really only three times - from Father Foley, to Bob and Vi Schmid, to their daughter Marie and her daughter Alli.

The consistency in Foley's leadership has kept the standard of Camp Foley high (the programming, the grounds, the staff, etc.). Because of such high standards, Camp Foley has spent 90 years truly serving youth.

In her "What Camp Foley Means to Me Essay," long-time camper and counselor, Lauren Castaneda, wrote: "They say, 'camp gives kids a world of good,' and I believe that. The skills and values you pick up at camp stay with you for the rest of your life and change who you are." In just two sentences Lauren explains exactly what Camp Foley's intentions have been for the past 90 years and will continue to be.

It should be noted that **we could not do this without the support of**

our Camper-Families, Alumni and friends. Once again, we're sending out our Foley Campership Update. We hope that as you read this update, you will more heavily consider donating.

*"They say, 'camp gives kids a world of good,' and I believe that."*

Each year, we ask for donations to Camp Foley's Scholarship Fund that helps give "camperships" to deserving children. Each year, we are amazed at the amount of money donated to send children of families with financial hardships to camp.

**This year, if you can, we are asking that you donate \$90 for Camp Foley's 90 years.** Think of the difference it could make. If you can't, see page three to learn what donating \$10 can do to help!

As always, **we thank you** for your faithful support of Camp Foley and the children who attend camp each summer. Your compassion enriches the lives of campership campers more than you'll ever know.



## New Ideas: Camperships.com

We're not the only camp trying to offer camperships! [Camperships.com](http://Camperships.com) is providing an easy way for all camps to help out families with financial burdens. We're hoping to find some campers for 2014 through this website.

Camperships.com might be best described as the match.com (a dating website) of the camping world. Families fill out a form describing their child, what type of camp they are looking for and how much money they can feasibly spend on a summer camp. Camps also fill out a profile about the type of camp they are, what types of activities are offered and the ages of the campers that attend.

After a camp completes its profile, it is presented with a list of families that would be interested in what that camp has to offer. Camps can then browse through the families to find campers that fit into specific sessions that still have availability.

The nice thing about Camperships.com is that there is no fee that the family or the camp pays. **It's just a way for camps to find new families to fill their program.** Families don't have to agree to pay a specific amount, but they do agree to pay a nominal amount. According to the website, "Camperships.com is not about a totally free experience,

but about really helping every child experience camp." This directly supports the mission of Camp Foley's Scholarship Fund, which is to provide a camp experience to families who otherwise would not be able to afford it.

*"... Not about a totally free camp experience, but about really helping every child experience camp."*

In a family's profile, it explicitly says what kind of financial commitment they wish to make to a camp and the financial commitment they could make to a camp. Camps can then offer a specific campership for the camper. If the family likes the camp and can afford to send their child with the camp's offer, they accept! If it's not the right fit, the families can decline offers as well.

**Hopefully, this summer we will have the opportunity to extend an offer to a Camperships.com family!**



## If You Donated Just \$10...

We say this often, but that's because it's true, every little bit counts. At the end of the summer in 2013 we had over 60 families donate their child's unused Special Canteen Funds, of any amount, which totaled over \$2,000. If **every** family that receives Foley's Campership Update donated **just \$10** we would raise **over \$5,000**, which would almost cover the cost of sending five campers to Foley on full camperships.

## Did You Know... Here are some fun facts about Camp Foley's Camperships

As of April 1st, there are 16 campership campers that will be, or have inquired about, joining us at Camp Foley this summer. (15 joined us in 2013.)

The 12 campership campers currently registered for Camp Foley's 90th year are a variety of ages. The ages range from 9-years-old to 16-years-old!

Seven of the campership campers that are registered have been to Foley before. Total, these seven campers have 21 summers under their belts!

# Meet Some of the 2014 Campership Kids!

Names have been changed to maintain some privacy, but all the rest of the information is factual.  
 Fox camper-ages: 8-10, Coyote camper-ages: 11-12/13, Wolf camper-ages: 13/14-16.

Cathy comes from a rural Midwestern Town. She comes from a two-parent home, but one parent is **struggling to find work** in the current economy.

Cathy is a **Fox Camper** who has been coming to camp since 2012. Cathy's older sister has been coming to camp since 2010. Both girls are excited to return in 2014.

Cathy is typically a low-key camper, one that appreciates time to herself on her bunk, she can also be **the comedian** in the cabin. According to her counselors, she is someone that is just "fun to be around." Cathy particularly enjoys **Sailing and Archery**; she earned an award in both in 2013.

Evan is looking forward to spending his **seventh and final summer** at Camp Foley in 2014. His counselors always say wonderful things about him and his **leadership** within the cabin. His cabinmates always consider him a **good friend** and someone they can rely on.

Evan is a **Wolf camper** that has spent the past six summers developing passions for activities like **Archery, Waterskiing and Paintball** - activities that aren't necessarily offered to him outside of camp.

Evan comes from a **single-parent home** in the suburbs. Without financial assistance, he would not have been able to attend camp for multiple summers or benefited from all Camp Foley has to offer.

Marcus is excited to come to Camp Foley for the first time in 2014 as a **Fox camper**. He has heard all about Camp Foley from family members, especially his older sister that came to camp in 2013.

Both will be joining us at Camp Foley this summer for two-weeks after his sister had such a **positive experience** last summer as a **Coyote camper**. She is excited to share this camp experience with her younger brother.

Marcus comes from a **single-parent home** from a large city on the West Coast. His parent loves the idea of camp and the experience it provides, but cannot afford to send both kids without assistance.



## Campership Kids:

Not all of these campers come on a full campership. Many of our campership families put some money towards their camper's tuition!

## \$100 Dollar Donation Gift

Any Foley Alum that donates \$100 before June 1st will receive a tshirt from our "Founder's Collection." Each year we'll be selling a new throwback item designed from something sold in years past. 2014's Founder's Collection tshirt is based off a popular tanktop that was sold in the 1980s. (Right)





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## How to Donate:

There are a few ways you can donate to the scholarship fund - each very simple.

1. You can fill out the **ACA Online Donation Form**. REMEMBER: Put "Camp Foley" in the "Camp" field. Link to the form: [campfoley.com/alumni/donate](http://campfoley.com/alumni/donate)
2. You can **print off the Scholarship Donation Form and send it with a check** to Camp Foley. REMEMBER: Make checks payable to the "American Camp Association" with "Camp Foley" on the memo line. Download the form: [campfoley.com/alumni/donate](http://campfoley.com/alumni/donate)

Mail to: Camp Foley  
9303 Father Foley Drive  
Pine River, MN 56474

3. Pay with a **credit card over the phone**: 218-543-6161.

If you have any questions pertaining to the Scholarship Fund or camperships - give us a call! We'd love to help!

If you can't donate... **REFER!** Visit [campfoley.com/alumni/club-paradise](http://campfoley.com/alumni/club-paradise) for details!